Prepare for Life Beyond Metea

Metea Valley Guidance Department

Fall 2021

Meet the Merit House Counselors

Mr. Javier Polavieja

(A-Bri) 630-375-3386

Ms. Lisa Lassandrello

(Brj - Dom) 630-375-3694

Ms. Tammy Kurth

(Don - Fe) 630-375-3988

Merit House Secretary

To be named soon

630-375-3306

Meet the Victory House Counselors

Mr. Isaiah Davis

(Ff - Hun) 630-375-3563

Mr. Bob Vozza

(Huo - Lan) 630-375-1124

Mr. Tom Daugherty

(Lao - Leu) 630-375-3984

Ms. Katie Kulak

(Lev - Lop) 630-375-3982

Ms. Linda Veitch

Victory House Secretary

630-375-3388

Meet the Honor House Counselors

Ms. Katie Kulak

(Loq - Mus) 630-375-3982

Ms. Tammy Kurth

(Mut - Pec) 630-375-3988

Ms. Nina Seperghan

(Ped - Rod) 630-375-3943

Ms. Rahkee Raveendran

Honor House Secretary

630-375-2473

Meet the Spirit House Counselors

Ms. Nina Seperghan

(Roe - San) 630-375-3943

Mr. Mark Jager

(Sao - Tho) 630-375-3889

Ms. Nikki Liska

(Thp - Z) 630-375-3983

Ms. Cheryl O'Brien

Spirit House Secretary

630-375-2054

Updates/Reorganization This Year

College and Career Center

Mr. Tom Daugherty is our counselor in the newly remodeled College and Career Center, located off the south end of the cafeteria.

Ms. Craft is our secretary in the College and Career Center. She will be the smiling face greeting you as you enter.

Redesigned Website/Dashboard

www.meteacounseling.org

Designed for families to have a “go to” spot for information

Considering Joining the Military?

[Join the Military | USAGov]

Go to the Metea counseling website to find links to the armed services.

Stop in the College Career Center for local recruiters' contact information.

Consider taking the ASVAB test to help decide which area may suit you best.

Considering the Trades?

- **How does one get into a career in the trades?**

https://tradelife.com/how-to-get-into-the-trades

- **Dupage County Building and Trades Council**

http://dupagebuildingtrades.org

- **Construction Industry Service Corporation**

http://www.cisco.org/

- **College of DuPage**

(Career and Technical Education)

Career and Technical Education (CTE) (cod.edu)

Community College

- Open admissions (all high school graduates accepted)
- Students should consider applying this fall.
- Watch for COD Application Day this fall - held at Metea!
- Can apply for admission at www.cod.edu.
- Apply for admission to COD this fall to be eligible for COD scholarships this winter!

REACH SCHOOL

- Your credentials are barely at or below published admission standards.

All “highly selective” schools should be considered REACH schools for <u>everyone.</u>

Some examples: Ivy League, Duke, Stanford, University of Chicago, Washington University (St. Louis), Northwestern

Target School

Your credentials are within the range of published admission standards

** This does not guarantee admission!

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Safety ("Likely") School

<u>Academic Safety</u> = Your credentials meet or exceed admission standards AND you have applied early enough!

<u>Financial Safety</u> = It's an academic safety AND you are certain it is affordable to your family.

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College Admission Requirements

Common

- 4 years of English
- 3 or 4 years of Math
- 3 years of Lab Science
- 3 years of Social Studies
- 2 years of World Language, Fine Arts, or Career Tech Ed (check with each school)

Requirements and Factors will vary

Other Factors

- GPA
- Academic rigor- courses taken
- ACT/SAT Scores (possibly)
- Activities / Leadership
- Recommendations
- Essays

College Visits At Metea

- Visits will be advertised via the meteacounseling.org site.
- Visits will start September 13th during lunch periods.
- You must register IN PERSON in the CCC at least 24 hours in advance.
- While registering, pick up a permission form to take to your teacher (ticket to get in).
- Whether In person or Zoom, meet at location specified on website.
- You are not allowed to watch virtual visits while attending a class.
- Visits are for Metea juniors and seniors.

Use youvisit.com to explore/tour over 600 colleges without ever leaving home!

Learn more and build rapport!

Attend a local, in-person or virtual college fair
See list on Meteacounseling.org website

Applying to colleges and requesting documents…….

……happens in 3 main steps!

1. Apply using an online application

2. Create a request in SchooLinks
   (To send transcript and other required documents)

3. Submit transcript request form to your alpha house.

Be prepared!

Look for the application requirements for each school

Know your social security number

Use a non-school email address for your applications

Resume of activities

Credit card for fees

Use “legal” name

Have a way to keep your information organized!
Consider using our “Application Tracker Tool” Excel template found on our website

Application Tracker Tool

Types of Applications

College's own application

- Specific to individual schools

Common Application

- More than 900 schools across the world accept Common App
- One Common Demographics Section
- Our College Application & Transcript Management System, SchooLinks, integrates with Common App

Other Applications

- Recommended that you use one of the above options
- You may come across other applications (Coalition is probably next most common)
- We will work with others if need be (tell us how you are applying on transcript form)
- Colleges emphasize that they do not give preference to one application over another
- Talk to your counselor with specific questions about other applications

Admission Terms

Rolling Admissions

- Apply anytime (sooner the better)
- Hear back decision on a “rolling” basis

Regular Decision or Admission

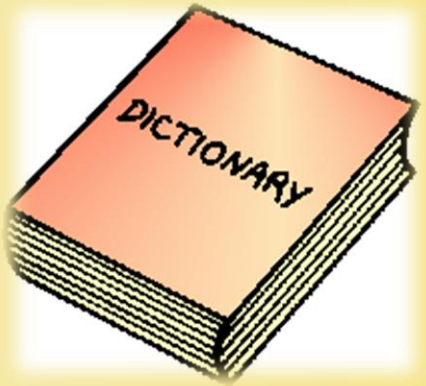
- Apply regular posted deadlines, hear back at specific time

Early Action, Priority Admission

- Apply early and receive a decision early
- Rules vary by college!!!

Early Decision (not used as much as other types)

- Apply early and receive a decision early
- Can only submit one ED application
- Inform your counselor
- BINDING!



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READ AND RESEARCH CAREFULLY!

Be Aware Of Deadlines!

Early deadlines often range from October 15th to December 1st.

Colleges are not always flexible.

Scholarship money may be tied to early deadlines (check with each college)

- **All parts should be submitted at this point (essay, transcripts, test scores, etc.)**

Fee Waivers

- Typically, families are responsible for application fees
- You will be asked about this the first time you go to the “College Applications” section of SchooLinks (Informational for SchooLinks)
- If your family has applied for and been approved for free/reduced lunch & fees, you may qualify for an application fee waiver
  (Covid free lunch this year does not qualify)
- If you feel that your family is in financial need, please reach out to your house secretary via phone or email.

Family Educational Rights and Privacy Act (FERPA)

- A Federal law to protect the privacy of student education records
- Comes up both in SchooLinks, Common App, and other apps.

  Common App has a straightforward explanation in the link below:

[What is the FERPA Waiver? (commonapp.org)]

- Each year at Metea, most students waive their rights, but it is up to the student as to how they choose to answer.
- Speak individually to your counselor if you have questions.

Should I apply with or without test scores?

Happy that there is an option

…….but can make process a bit more confusing

- Be sure to get insight from colleges.
- You may choose to apply one way or another, depending on school
- Is school test optional for admission and/or scholarships
- How about special programs?
- How does your score compare to previous admitted students
- See video in our video library via meteacounseling.org

How to Send Official Test Scores

- Some schools are now allowing self-reported scores.
- Students should already have accounts with ACT and College Board (SAT).
- Log in to the account from which you wish to send your scores.
- Allow several weeks to process prior to the deadline.
- Rush order are processed for an additional fee.
- Test scores are NOT on Metea's transcript.
- Upcoming National Test Dates:

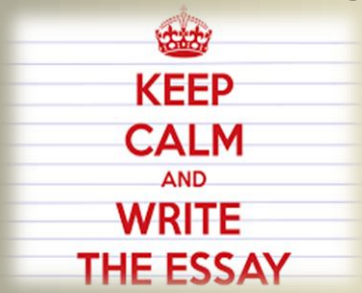
  SAT: October 2nd, November 6th (collegeboard.org)

  ACT September 11th, October 23rd (actstudent.org)

Letters of Recommendation

- Prior to asking, check to see if the college requires a letter. (many schools do not require letters of recommendation)
- Adhere to the required number/type of letter set forth by the college.
- Ask teacher(s)/counselor at least 3 weeks prior to any deadline.
- Complete Letter of Rec Form or a resume for teacher or counselor (on website).
- Follow up by sending your request via SchooLinks.
- Remember, teachers are writing letters in addition to their responsibilities in the classroom. A thank you note goes a long way!

Essay/Personal Statements



Let's check out a short video from one of the University of Michigan's college representatives, Megan Lakatos:

https://youtu.be/mmEZl5dGmeI

"Why this major?"

"Any additional information?"

common app
Essay Prompts

"Why Us?"

Analytical questions like….
What's so easy about pie?

Self Reporting Grades

- A final transcript will need to be sent at the end of the year for verification.
- Be <u>VERY</u> careful to report exactly what is on your transcript.
- In StudentVue, go to “Course History” then turn on “Student Course History”-- PLEASE CHECK FOR ACCURACY -- Grades & Summer School
- Don’t send extra information unless your case is unique

<u>Popular self reporting destinations for Metea students</u>

- University of Illinois, Urbana-Champaign
- Iowa public universities

Request Transcripts and Other Documents

Set up your request in….

SchooLinks

Click the SchooLinks icon above to watch a video tutorial

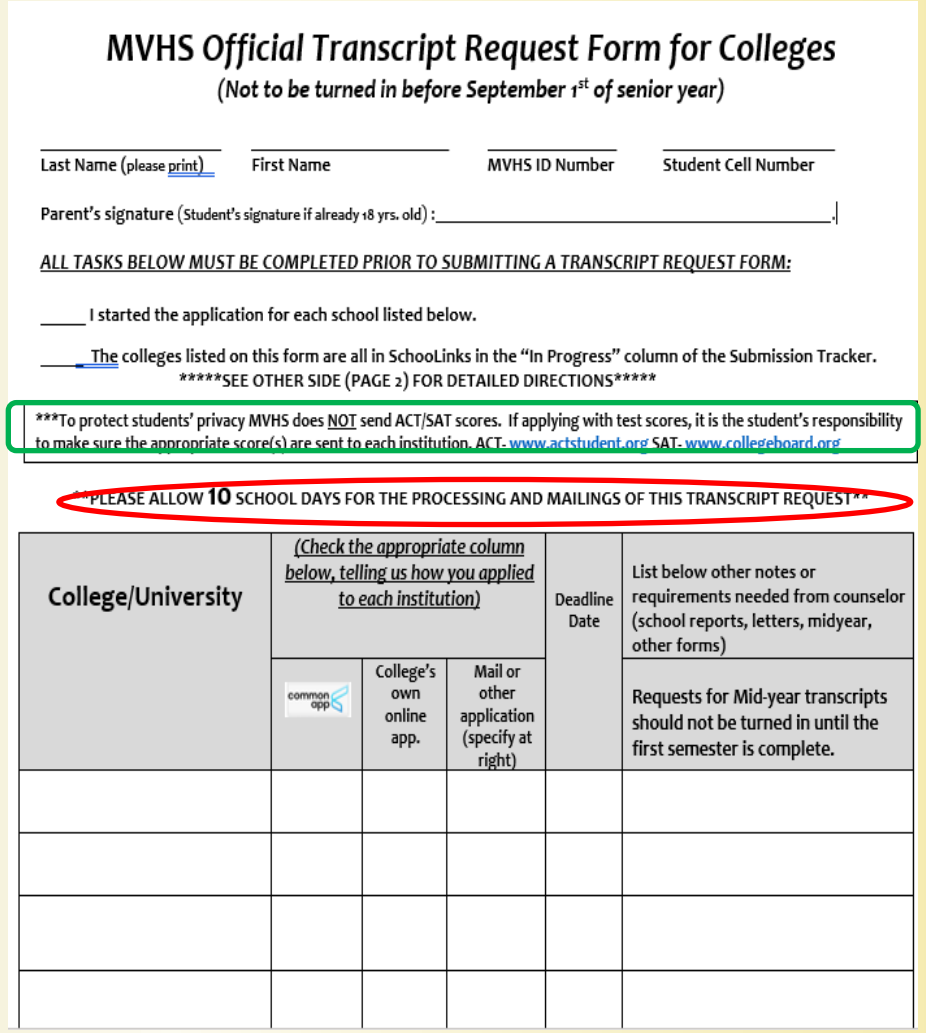
Transcript Request Form

Bring to your House secretary <u>after</u> entering request in SchooLinks

Turn in to house based on your last name.

Merit(A-Fe)
Victory(Ff-Lop)
Honor(Loq-Rod)
Spirit (Roe-Z)

Write specific requests in the column at the right



MVHS *Official* Transcript Request Form for Colleges

(Not to be turned in before September 1st of senior year)

Last Name (please print) | First Name | MVHS ID Number | Student Cell Number

Parent's signature (Student's signature if already 18 yrs. old) :_____.

ALL TASKS BELOW MUST BE COMPLETED PRIOR TO SUBMITTING A TRANSCRIPT REQUEST FORM:

_____ I started the application for each school listed below.

_____ The colleges listed on this form are all in SchooLinks in the "In Progress" column of the Submission Tracker.

*****SEE OTHER SIDE (PAGE 2) FOR DETAILED DIRECTIONS*****

***To protect students' privacy MVHS does NOT send ACT/SAT scores. If applying with test scores, it is the student's responsibility to make sure the appropriate score(s) are sent to each institution. ACT- www.actstudent.org SAT- www.collegeboard.org

PLEASE ALLOW 10 SCHOOL DAYS FOR THE PROCESSING AND MAILINGS OF THIS TRANSCRIPT REQUEST

College/University	*(Check the appropriate column below, telling us how you applied to each institution)*			Deadline Date	List below other notes or requirements needed from counselor (school reports, letters, midyear, other forms)
	common app	College's own online app.	Mail or other application (specify at right)		Requests for Mid-year transcripts should not be turned in until the first semester is complete.

Provides a paper trail for requests

Provides an opportunity for House staff to help students if needed

Last step to initiate sending of your materials

Forms in houses, CCC, and meteacounseling.org site

Application Follow Up

- Check the status of your application on the college's website.
- Check to see that your transcript and other documents were sent via SchoolLinks
- It may take some time for the college to acknowledge receipt of application and/or transcript.
- If you have questions, call the Admissions Office
- BE PATIENT!

FAFSA
(*FREE* Application for Federal Student Aid)

Used to determine your eligibility for financial aid at each institution

Send to all schools to which you plan to apply.

There are plenty of resources to help you. (next slide)

FAFSA OR Illinois Alternate Application OR an opt out form are now a State of Illinois graduation requirement.

Check to see if the CSS Profile (on CollegeBoard's website) or school-based financial aid forms are required. (Common with highly selective schools)

FAFSA Resources

- FAFSA hotline number: 1-800-4-FED-AID
  (Open extended hours during FAFSA season)
- Online help from the federal government
  https://studentaid.gov/help-center/contact
- Financial aid offices of the colleges to which you apply
- Illinois Student Assistance Commision (ISAC) 800-899-4722
  https://www.isac.org/
- Keep an eye out for advertisements of Metea's Financial Aid Night

Scholarships

- Research schools to which students are applying.

- Check www.meteacounseling.org weekly for local scholarships sent directly to our department.

  ** Click on “Local Scholarship Offerings” button

  **(Most postings from Nov. - March)

- Use SchooLinks for other local/regional search

  **Click to “Finances” → “Scholarship Matching”

- Check into your community (e.g. employers, credit unions, religious organizations, etc.)

- Register with a free national database (fastweb.com)

Metea Unified Scholarships

www.meteaunified.org

- Several scholarships each year ranging from $500 - $1000
- Exclusively for Metea students
- Scholarships open Mid-February 2022
- Questions? Contact tom_daugherty@ipsd.org

Mid Year Reports

Includes your 7th semester grades

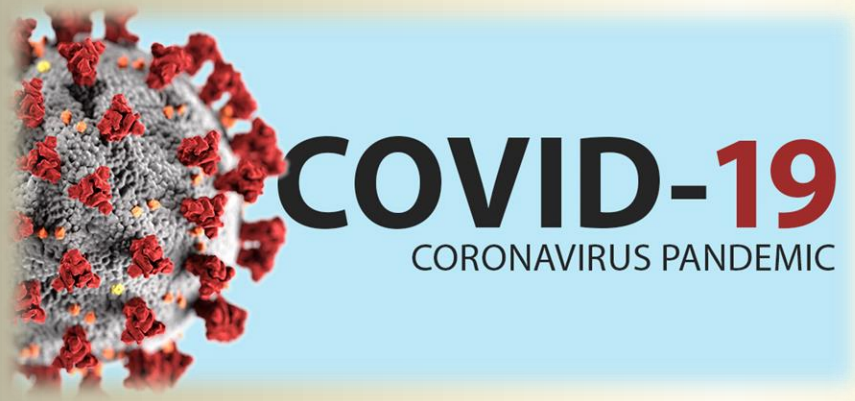
Not required by many schools

Transcript request will take place in January AFTER the completion of first semester, by submitting the paper transcript release form to your Alpha House.

COVID CONSIDERATIONS

Are students required to be vaccinated?

What safety measures are in place?



Open for in-person visits?

What is the housing setup?

Flexibility of payments?

How is curriculum being delivered?

Test optional for admission and/or scholarships?

Are you planning to compete in collegiate sports?

(For Student Athletes Competing in D1 or DII Athletics)

- Be sure to request your transcript be sent to the NCAA Eligibility Center
- Register with NCAA Eligibility Center at www.eligibilitycenter.org
- If you have any questions about if you have met the core class requirements, see your counselor.

- Students must register online
- Students must send an ACT/SAT to NAIA Eligibility Center
- Students must request their high school to send a transcript to NAIA
- Eligibility Center

Improve as a Person!

Be willing to self assess

Where can you use help from others?

Are you willing to accept constructive criticism?

Odds and Ends

Never hesitate to ask questions of our staff or a college!

Consult with colleges if dropping a class (Must keep 6 classes)

Make a Pro/Con list for each school when considering enrollment options

You may get asked on applications about…

…class rank…District 204 does not rank

…grading or GPA scale ….4.0/weighted

School profile sent with each transcript (and posted on site when complete)

Senior Timeline Summary

SENIOR
COLLEGE
DEGREE
UNIVERSITY
EXPERIENCE
EXAMS
DIPLOMA
GRADUATION
FINALS
HIGH SCHOOL
SENIOR
DEGREE
COLLEGE
EXPERIENCE
UNIVERSITY
DIPLOMA
EXAMS
FINALS
GRADUATION

Senior events to look forward to…

Details of the following events and others will be in a senior newsletter that comes out in early November.

Prom 4/29

Black & Gold Awards 5/4

Metea Commemorative Celebration 5/25

Cap & Gown Distribution May-TBD

Graduation Practice 5/26

GRADUATION! 5/29 at NIU

Feel free to check live document for changes and other events.

Questions

- Reach out to your individual counselor or College Career Center

- Metea Valley Counseling Website
  - www.meteacounseling.org or .com

- Metea Valley Counseling Twitter
  - @meteacounseling